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COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS.

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AND STATE AGRICULTURAL COLLEGES
COOPERATING.

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ADDITIONAL RECIPES, TESTED AND DETERMINED, FOR USE IN THE BOYS' AND GIRLS' HOME CANNING CLUB WORK.

[These recipes are part of the follow-up instruction in boys' and girls' club work. The complete series includes Forms NR-21, NR-22, NR-23, NR-24, NR-25, NR-26, NR-29, and NR-30.]

SOFT FRUITS.

STRAWBERRIES.

Can fresh, sound berries the same day they are picked. Hull (twist berries off hull), and place in a strainer. Pour water over the berries to cleanse. Pack them in a jar without crushing. Pour hot sirup over the berries to the top of the jar. Put the rubber and cap in position, not tight. Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial.....	8	Steam pressure 5 pounds	6
Water seal at 214°.....	6	Steam pressure 15 pounds.....	4

Remove the jars. Tighten the covers. Invert the jars to cool and test the joint. Wrap the jars with paper to prevent bleaching.

(Sirup: $1\frac{1}{2}$ quarts of sugar to 1 quart of water, boiled to medium thickness.)

STRAWBERRIES.

(Berries canned by this recipe will not rise to top of sirup.)

Use only fresh, ripe, firm, and sound berries. Prepare the berries. Add 8 ounces of sugar and 2 tablespoonfuls of water to each quart of berries. Boil slowly for 15 minutes in an enameled or acid-proof kettle. Allow the berries to cool and remain over night in the covered kettle. Pack the cold berries in sterilized glass jars. Put the rubber and cap in position, not tight. (Cap and tip if using enameled tin cans.) Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial	4	Steam pressure 5 pounds.....	2
Water seal 214°.....	2	Steam pressure 15 pounds.....	2

Remove the jars. Tighten the covers. Invert the jars to cool and test the joint. Wrap the jars with paper to prevent bleaching.

GRAPES.

Use fresh fruit, evenly ripened. Pick the fruit from the stems, wash, and pack it in glass jars. Cover with a thin boiling sirup. Put the rubbers and caps in position, not tight. (Cap and tip if using enameled tin cans.) Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial.....	20	Steam pressure 5 pounds.....	15
Water seal 214°.....	15	Steam pressure 15 pounds.....	8

Remove the jars. Tighten the covers. Invert the jars to cool and test the joint. Wrap the jars with paper to prevent bleaching.

WILD GRAPES.

Use fresh fruit, evenly ripened. Pick the fruit from the stems and wash. Pack it in glass jars. Cover it with thick, boiling sirup. Put the rubbers and caps in position, not tight. (Cap and tip if using enameled tin cans.) Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial.....	20	Steam pressure 5 pounds.....	12
Water seal 214°.....	15	Steam pressure 15 pounds.....	8

Remove the jars. Tighten the covers. Invert the jars to cool and test the joint. Wrap the jars with paper to prevent bleaching.

WILD PLUMS AND DAMSON PLUMS.

Grade the fruit for size and ripeness. Wash and pack it in glass jars. Fill the jars with thin or medium boiling sirup. Put the rubbers and caps in position, not tight. (Cap and tip if using enameled tin cans.) Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial.....	16	Steam pressure 5 pounds.....	12
Water seal 214°.....	12	Steam pressure 15 pounds.....	8

Remove the jars. Tighten the covers. Invert the jars to cool and test the joint. Wrap the jars with paper to prevent bleaching.

HUCKLEBERRIES.

Steam and clean the huckleberries. Pack them in glass jars or enameled tin cans. Fill the jars with thin, boiling sirup. Put the rubber and cap in position, not tight. (Cap and tip if using enameled tin cans.) Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial.....	20	Steam pressure 5 pounds.....	15
Water seal 214°.....	15	Steam pressure 15 pounds.....	10

Remove the jars. Tighten the covers. Invert the jars to cool and test the joint. Wrap the jars to prevent bleaching.

HARD FRUITS.

PINEAPPLE.

Use sound, ripe fruit. Prepare, peel, and core it. Remove all eyes. Cut the fruit into convenient cross sections and blanch it 10 minutes. Cold dip the fruit. Pack it in glass jars or enameled tin cans. Pour on boiling sirup, thin or medium. Put the rubbers and caps in position, not tight. (Cap and tip if using enameled tin cans.) Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial.....	35	Steam pressure 5 pounds.....	25
Water seal 214°.....	25	Steam pressure 15 pounds.....	18

Remove the jars. Tighten the covers. Invert the jars to cool and test the joint. Wrap the jars with paper to prevent bleaching.

NOTE.—The cores and inner peelings, either fresh or canned, if passed through a food chopper, furnish a satisfactory material for pie filling. This product, while not up to commercial standard, is of value for home use.

FIGS.

Select and grade the stock. Blanch it 6 minutes in boiling water and cold dip. Pack it in glass jars or tin cans. Fill them with medium sirup. Put the rubber and cap in position, not tight. (Cap and tip if using enameled tin cans.) Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial.....	40	Steam pressure 5 pounds.....	25
Water seal 214°.....	30	Steam pressure 15 pounds.....	20

Remove the jars. Tighten the covers. Invert the jars to cool and test the joint. Wrap the jars in paper to prevent bleaching.



FIG. 1.—All types of jars and all types of canners may be used with these recipes and directions. (a) Water-seal canner; (b) pressure cooker.

RHUBARB.

Wash the stalks clean. Cut them into pieces three-fourths of an inch in length (do not remove the skin). Blanch them 2 minutes. Cold dip. Pack them in glass jars (do not use tin cans). Pour on thick sirup, boiling. Put the rubber and cap in position, not tight. Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial.....	20	Steam pressure 5 pounds.....	15
Water seal 214°.....	15	Steam pressure 15 pounds.....	10

Remove the jars. Tighten the covers. Invert the jars to cool and test the joint. Wrap the jars in paper to prevent bleaching.

PRESERVES.

STRAWBERRY.

Make a sirup of 1 quart of water and 11 pounds of sugar and cook it in an open kettle until a candy thermometer registers 265° when placed in the sirup. Add 8 pounds of berries to the sirup. Cook very slowly, just at the boiling point. Stop the cooking when the thermometer registers 219° and pour into shallow pans to cool. Hasten the cooling by pouring sirup over



FIG. 2.—Utah canning club girl and her homemade canning device in which she canned 56 varieties of products for exhibit at the State Fair.

the berries. Skim while cooling. Fill into jars when cold and allow them to stand unsealed for 4 days. Put the rubber and cap in position, not tight. (Cap and tip if using enameled tin cans.) Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial.....	20	Steam pressure (see note under cherry pre-	
Water seal 214°	15	serves)	15

Remove the jars. Tighten the covers. Invert the jars to cool and test the joint. Wrap the jars in paper to prevent bleaching.

CHERRY.

Place 1 gallon of water in a kettle and add 10 pounds of pitted cherries. Boil slowly for 18 minutes. Add 12 pounds of granulated sugar and cook until the product is boiling at a temperature of 219° . Cool quickly in shallow pans. Pack into glass jars. Put the rubber and cap in position, not tight. (Cap and tip if using enameled tin cans.) Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial.....	20	Steam pressure (see note).....	15
Water seal 214°	15		

NOTE.—When using pressure-cooker outfits on preserves, keep the valve open during period of sterilization.



FIG. 3.—Illustrating the position of clamp spring during sterilization period. After removal from canner this spring should be snapped down.

SUN PRESERVES.**STRAWBERRY.**

Select ripe, firm berries. Pick and preserve them the same day. Hull and rinse as in No. 1. Place them in a shallow platter in a single layer; sprinkle sugar over them; pour over them 40° sirup (same as strawberry preserves, above, boiled thicker). Cover them with a glass dish or a plain window glass. Allow them to stand in the hot sun 8 or 12 hours. Pack them in glass jars or cups; tie paper over the tops or cover with paraffin or sealing wax. Keep in cool, dry place.

APPLE PECTIN FROM POMACE.

To 25 pounds of apple pomace add 1 ounce of tartaric or citric acid and 100 pounds of water. Boil slowly for 60 minutes, and press the liquid from the pomace in a cider press. Filter the liquid through a canton-flannel bag. The pectin of the pomace will be in this extract.

When it is desired to make a good quality of jelly from fruit juices that do not jell readily, add this pectin after sugar has been dissolved in the juice.

VEGETABLES, HERBS, AND GREENS.

EGGPLANT.

Remove the skin of the eggplant and slice across the fruit. Make the slices about one-half or three-fourths of an inch thick. Blanch them 3 minutes in boiling water to which has been added a tablespoonful of salt per quart. Plunge them into cold water and pack them in glass jars. Fill with boiling hot water and add a level teaspoonful of salt per quart. Put the rubber and cap in position, not tight. (Cap and tip if using enameled tin cans.) Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial.....	50	Steam pressure 5 pounds.....	45
Water seal 214°.....	45	Steam pressure 15 pounds.....	30

SWEET PEPPERS.

Use either red or green peppers. Place the peppers in the oven and bake them until the skins separate from the meat. Remove the skins. Pack them solid in glass jars or tin cans. Add no boiling water. Add 1 level teaspoonful of salt per pint. Put the rubber and cap in position, not tight. (Cap and tip if using enameled tin cans.) Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial.....	90	Steam pressure 5 pounds.....	60
Water seal 214°.....	75	Steam pressure 15 pounds.....	40

Remove the jars. Tighten the covers. Invert the jars to cool and test the joint. Wrap the jars with paper to prevent bleaching.

CORN AND TOMATO (COMBINATION).

Blanch fresh corn on the cob 6 minutes. Cold dip it. Cut the corn from the cob, cutting from tip to butt. Blanch the tomatoes 1½ minutes and cold dip. Remove the skin and core. Chop the tomatoes into medium-sized pieces. Mix thoroughly 2 parts of tomatoes with 1 part of corn. Pack the mixture in glass jars or tin cans. Add a level teaspoonful of salt per quart. Put the rubber and cap in position, not tight. (Cap and tip if using enameled tin cans.) Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial.....	90	Steam pressure 5 pounds.....	60
Water seal 214°.....	75	Steam pressure 15 pounds.....	45

Remove the jars. Tighten the covers. Invert the jars to cool and test the joint. Wrap the jars with paper to prevent bleaching.

CORN, TOMATOES, AND STRING BEANS (COMBINATION).

Use 1 part of corn, 1 part of green string beans, and 3 parts of tomatoes. Blanch fresh corn on the cob for 6 minutes and cold dip. Cut the corn from the cob, cutting from tip to butt. Prepare string beans and cut them into convenient lengths. Blanch them 4 minutes and cold dip. Blanch the tomatoes 1 to 3 minutes and cold dip. Remove the skin and core. Cut the tomatoes

into medium-sized pieces. Mix thoroughly. Pack the mixture in glass jars or enameled tin cans. Put the rubbers and caps in position, not tight. (Cap and tip if using enameled tin cans.) Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial.....	90	Steam pressure 5 pounds.....	60
Water seal 214°.....	75	Steam pressure 15 pounds.....	45

Remove the jars. Tighten the covers. Invert the jars to cool and test the joint. Wrap the jars with paper to prevent bleaching.



FIG. 4.—Home canning club girls using the home kitchen for canning their vegetables as a cooperative enterprise: 1, Preparation; 2, blanching; 3, packing; 4, sterilizing.

CABBAGE OR BRUSSELS SPROUTS.

Use small, solid heads. Cut them into convenient sections and remove the core. Blanch 10 minutes. Cold dip. (See cauliflower.) Pack it in glass jars or enameled tin cans. Pour on boiling water and add a level teaspoonful of salt per pint. Put the rubber and cap in position, not tight. (Cap and tip if using enameled tin cans.) Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial.....	90	Steam pressure 5 pounds.....	60
Water seal 214°.....	75	Steam pressure 15 pounds.....	45

Remove the jars. Tighten the covers. Invert the jars to cool and test the joint. Wrap the jars with paper to prevent bleaching.

CAULIFLOWER.

Use the flowered portion. Blanch it 3 minutes. Plunge it into cold brine (one-half pound salt to 12 quarts of water.) Allow the cauliflower to remain in this brine for 12 hours. Pack it in glass jars or enameled tin cans. Fill them with boiling water and add a level teaspoonful of salt per quart. Put the rubber and cap in position, not tight. (Cap and tip if using enameled tin cans.) Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial.....	45	Steam pressure 5 pounds.....	30
Water seal 214°.....	35	Steam pressure 15 pounds.....	20

Remove the jars. Tighten the covers. Invert the jars to cool and test the joint. Wrap the jars with paper to prevent bleaching.

MUSHROOMS.

Caution.—Unless you are absolutely sure that you know a mushroom when you see it, do not run the risk of gathering and using for food what you may think are mushrooms. A very large number of people are poisoned every year because of carelessness along this line. There are a number of very poisonous plants which resemble the edible mushroom very much. Can mushrooms immediately after picking; if allowed to stand they become unfit for use. (See Farmers' Bulletin 204, Cultivation of Mushrooms.)

Canning of mushrooms.—Wash and trim the mushrooms. If small, can them whole; if large, they may be cut into sections. Blanch the mushrooms in boiling water for 5 minutes. Remove and plunge them quickly into very cold water. Pack them in glass jars, and add boiling water to cover them; add 1 level teaspoonful of salt to the quart. Place the rubber and cap in position, not tight. Sterilize the length of time given below for the particular type of outfit used.

	Minutes.		Minutes.
Water bath, homemade or commercial.....	90	Steam pressure 5 pounds.....	50
Water seal 214°.....	60	Steam pressure 15 pounds.....	20

Remove the jars. Tighten the covers. Invert the jars to cool and test the joint. Wrap the jars in paper to prevent bleaching.

If one is canning mushrooms in tin, always use lacquered cans. Do not fail to blanch and cold dip mushrooms before packing. Remove the mushrooms immediately after opening the tin cans and place them in glass, earthen, or porcelain vessels.

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